



# ***MOVE!*** Action

## ***Yes! Now You're Doing It!***



Congratulations to you!!! You are now actually doing something to lose that extra weight. You can rightfully feel proud of yourself. Keep up the good work! Here are some tips to help you do just that:

- Set small easily achievable goals. Daily goals work best.
- Give yourself rewards often. Do something nice for yourself each time you accomplish something (probably NOT chocolate pie!!). Small rewards for daily accomplishments are really helpful.
- Arrange your environment to support your efforts to lose weight. For example, get rid of junk food around you, but have healthier snacks readily available. Avoid going to places where you usually lose control of your eating. Place reminders about your weight control around where you will notice them.
- Plan ahead. Make your lunch at home and bring it with you wherever you are going. Eat something healthy **BEFORE** going to a social eating event. Rearrange your daily schedule to include some physical activity. And so on.
- Ask for and accept support and encouragement from others. Tell them you need their encouragement, but not nagging or scolding.
- Continue to focus your attention on the benefits of what you are doing, such as feeling good and improving your health.
- Even if there are times when you have been doing all the right things but haven't lost any weight for a while, keep your thinking positive.